



COLCHESTER PARKS & RECREATION



“Optimizing the Experience of Living”

WINTER / SPRING 2014 GUIDE

January • February • March • April • May • June

GENERAL INFORMATION

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PICTURE WAIVER

By participating in a Town of Colchester Recreation program, participants may be photographed for future publications or recognition of events. By signing up for a program you are willingly signing a waiver that grants the Colchester Recreation Department permission to use your photo to promote programs. Pictures taken may be used up to 10 years after the photo was taken. If you do not wish to have your picture taken please notify the staff prior to the activity.

SPECIAL NEEDS

We do our best to accommodate those with special needs. With few exceptions, our parks and facilities comply with the Americans with Disabilities Act. Children and adults with special needs are encouraged to participate in our programs. Staff members are receptive to your needs and will do everything possible to assist you. If you are interested in participating in a program, but are not sure about the accessibility of a facility or wish to discuss program details, please call the Recreation Department and ask us about specifics.

You can find Colchester Parks & Recreation:



OFFICE INFORMATION

Location: 781 Blakely Road, Colchester, VT
Mailing Address: P.O. Box 55, Colchester
Telephone: 802-264-5640
Fax Number: 802-264-5647
Website: www.colchestervt.gov
Office Hours: Monday - Friday,
7:30 a.m. - 4:30 p.m.

METHODS OF PAYMENT



We accept VISA
& MASTER-
CARD credit
cards, checks
and cash



NON RESIDENTS

Non residents may register for any programs offered, on a space available basis, after January 10, 2014.

ONLINE REGISTRATION

Now you can register 24/7 online! Registration can be made as soon as you receive this brochure. For step by step directions log on to our website.

CANCELLATIONS & REFUNDS

Programs that do not meet the minimum number of registrations may be cancelled. Registrants will be notified by phone and will receive a full refund. Requested refunds are only available up to 10 business days prior to the start of the program with a \$6.00 administrative fee. This applies to transfers as well.

SCHOLARSHIPS

A partial waiver of fees is available for those Colchester Residents who qualify. Scholarship Request Forms and further guidelines can be found online or at the Parks & Recreation Department. Forms must be submitted at least one week before the program begins.

PARKS & RECREATION STAFF

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PARKS & RECREATION BOARD

Steve Morton, Chair	Owen Banks
Lisa Liotta, Vice Chair	Suzanne Kelley
Kevin Hatin	Stuart Marceau
Adrienne Schubert	Dick Pecor





A WELCOME FROM OUR DIRECTOR

Our department took on many changes this fall. As you can see from the new layout of our Program Brochure, we wanted make it into more of a magazine format and we are pleased with the final product. Our online registration program also was upgraded this fall to make it more user friendly. We recognized that our customers were struggling with the old platform. In order to install the new format of WebTrac we needed to upgrade computers in our department. I am glad to say that we made it through with flying colors, though it was stressful at times.

We had many changes in the parks this fall as well: new playgrounds were installed at Fort Ethan Allen and Heritage Park in the Village; repairs were completed on the Colchester Causeway from the flooding 2 years ago; we are constructing a 5-car parking lot and access road to the current paths at the Village Park, which can be found by entering the Colchester Water District #3 parking lot off of Main Street; and, finally, we saw the completion of Phase II at Bayside Park, which improves pedestrian access to the park by adding a traffic island and sidewalks to eliminate visitors from walking in the flow of traffic.

Special thanks to Ted Ryan and his park staff consisting of Pete Cote, Larry Rooney, Paul Rodrigue, Lucas McLean, Patrick Morrissey, Chris Jones, and Vinnie Hayes who continue to work their magic in the parks. Their hard work and dedication to this community is amazing and make our parks the best in the state. If you get an opportunity to thank these men please do.

The programming side of our department continues to deliver quality recreational opportunities to the residents of Colchester. Assistant Director, Derek Mitchell, Program Coordinators, Jenn Turmel and Kelly McGinley and Administrative Assistant, Mike LaPan work as a solid team making sure that all residents have a positive recreational experience. I am thankful every day that we have such a great group of employees that strive to have the Colchester Parks and Recreation be the best department around.

In closing, if you have any ideas or comments please feel free to contact us and share your thoughts. Remember this season to play, have fun and stay young!



Yours in Recreation,
Glen Cuttitta, CPRP
Director

A.C.E. Before & After School Program (Active, Creative, Enrichment)

A.C.E. Program Mission Statement

- * Provide children with an Active, Creative, Enriching after school experience
- * Provide staff who strive for excellence
- * Support parents by providing the best after school environment for their children

Before School Program - MBS Only

Our morning program begins at 7:00 a.m. and is structured to allow various drop off times. The children will play games, board games, arts & crafts & more. Before School Program still has availability.

After School Program - MBS, UMS & PPS

Our afternoon program will provide quality childcare that parents can rely upon throughout the school calendar year. Students will work on homework, play games, make arts & crafts, play outside, go on field trips and much more. A healthy snack & juice is provided for the children each day. After School Program is full at UMS & PPS, but we are taking a waitlist. MBS has limited availability. You may enroll your child in the A.C.E. Program for 2, 3, 4 or 5 days a week. 1 day option is not available. For more information contact Jennifer Turmel, Program Coordinator at jturmel@colchestervt.gov

ENROLLMENT FOR NEXT SCHOOL YEAR WILL BEGIN ON MARCH 24TH FOR THOSE NOT CURRENTLY IN THE PROGRAM MORE INFORMATION WILL BE PROVIDED IN OUR SUMMER BROCHURE.



LIFE

Lifelong Learning For Everyone



In the fall of 2014, Colchester Parks & Recreation & Colchester School District will unveil LIFE, a collaborative effort in providing new educational opportunities for all ages. With the mission of promoting lifelong learning: LIFE will offer classes ranging from Arts, Fitness and Technology to Music, Food and Hobby.

Arts

Fitness

Food

Technology



A program of Colchester Parks & Recreation and Colchester School District

Learn more at

<http://colchestervt.gov/Recreation/parksNRec.shtml>

Park Spotlight - Fort Ethan Allen's New Playstructure

As a part of the Park Capital Plan, each structure in our park system—ranging from fences and parking lots to lights and even playgrounds—is assigned a lifespan and a replacement date. In FY '14, the Fort Ethan Allen playground—which had an increasing need for repairs and contained some elements that were no longer in compliance with safety regulations—was scheduled for replacement after offering recreational enjoyment to countless children for over twenty years. Accordingly, we were tasked with ensuring that the new playground would be challenging for all ages and that the structure would blend into its existing environment.

In forging partnerships with community members and requesting recommendations about a variety of aspects of the playground's design—including elements and features found in playgrounds at other parks and a color scheme that would blend nicely with the surrounding natural environment—we were able to incorporate valuable citizen feedback into our discussions with Miracle Playground, which provided schematics upon which the final playground design was based. Residents were able to access the new structure following a brief two-week construction period, and the reviews about the new addition to the park have been very positive. The reviews have come back and the kids and neighbors are enjoying the new addition to the park. Be sure to visit the this new playground!



31st Annual Winter Carnival

January 31 & February 1, 2014
Location: Colchester High School



COLCHESTER'S GOT TALENT AUDITIONS: JANUARY 16 & 17

PRIZES:

1ST PLACE: \$150.00

2ND: \$75.00

3RD: \$50.00

For an application, rules or more information log onto our website or call Jenn at 264-5643.



A full listing of events will be available Mid-January. To enter into any part of our event, you must purchase a Winter Carnival Bracelet. Every person over the age of 2 must purchase a bracelet. They are \$6 per bracelet.



COLCHESTER DAY SATURDAY, JANUARY 25, 2014



Colchester residents are invited to attend either a SMC basketball or hockey game on our very own Colchester Day, families and individuals welcome. Come out to support your local teams and witness some SMC talent in action! Limit 4 free tickets per household. Tickets available only until 1/24/14 at Colchester Parks & Recreation Office and valid for 1/25/14 games.

Men's Ice Hockey vs. University of New England

3:00 p.m. at Cairns Arena, South Burlington

Men's Basketball vs. Pace University

3:30 p.m. at Ross Sports Center, Colchester

Women's Basketball vs. Pace University

1:30 p.m. at Ross Sports Center, Colchester

SPECIAL EVENTS

EASTER EGG HUNT

Saturday, April 19, 2014

10:00 a.m. Bayside Park

Come join the Easter Bunny for a great egg hunt. Bring a bag or basket to put your eggs and goodies in. Please dress appropriately because you never know what Vermont's weather has in store for us.

Please park your vehicles at Colchester High School and enter the park by the softball field road off Laker Lane. Children will be separated by age groups to hunt for eggs in different areas of Bayside Park. Ages 4 & under will be at Lower Bayside Park. Ages 5 - 8 will be at Upper Bayside Park. Don't miss this great event!

Colchester Lions Club will be hosting a food drive for the Colchester Community Food Shelf at the Easter Egg hunt. We are requesting that all participants bring at least one non-perishable or canned item to the hunt. Sponsored by the Colchester Lions Club and Colchester Parks & Recreation. No Registration required.

7TH ANNUAL "TOUCH A TRUCK"

Saturday, May 3, 2014

**Colchester High School,
Parking Lot**

9:00 - 10:30 a.m.

(Quiet time - no sirens)

10:30 - 11:00 a.m.

(Sirens may be used)

Come out and see what it's like to be in the big trucks! Children (and parents) can climb, sit and play on tractors, police cars, dump trucks, fire trucks and a variety of other vehicles. Don't forget your cameras to capture the smile on your child's face as they sit on the large trucks! **FREE** Event, Rain or Shine.

AIRPORT PARK: X-COUNTRY SKI TRAILS & OUTDOOR ICE RINK:

JANUARY - MARCH

(WEATHER DEPENDENT)

Hours of Operation:

Monday - Sunday:

8:00 a.m. - 9:00 p.m.

Lights will be on until closing time!

2nd ANNUAL CAUSEWAY

5K & 15K RACE

Saturday, June 7, 2014

8:30 a.m. at Bayside Park

Choose to run either the 5K or 15K and enjoy the scenic Colchester Causeway. This race will begin at Airport Park, following a gravel trail out onto the historic Causeway, where runners will make their way to designated turn-around points on the Causeway before returning to the finish at Airport Park. This race will take place on flat gravel and dirt trails surrounded by diverse wetlands, scenic views and Lake Champlain. Proceeds will help maintain and improve the Colchester Causeway for future generations. T-shirt included. Limit 200 runners for 5K, 250 for the 15K. 15k runners must be 12 years old or older. Register online at www.active.com. **Registration opens February 2, 2014.**

30th ANNUAL COLCHESTER TRIATHLON

Sunday, July 27, 2014

8:30 a.m. at Bayside Park

Be a part of a tradition by participating in the 30th Colchester Triathlon! Whether you compete for fun or competition you're sure to have a grand time swimming .5 mile or 2 miles of kayaking. Then survive the 12 mile bike and 3 mile run. Refreshments are provided to refuel yourself after a job well done. Awards ceremony will take place at Upper Bayside Pavilion. Sign up early because the race is limited to the first 400 entries. Still want to be part of this amazing event, but don't want to race it? We need volunteers! If you are interested in volunteering in any capacity contact Kelly McGinley at 264-5646. For more information or to register check out our Triathlon website at www.colchestertri.com or register online at www.active.com. **Registration opens February 2, 2014.**



BUILDING BRIGHT FUTURES OF COLCHESTER

Building Bright Futures of Colchester is thrilled to announce the continuation of our grant from Building Bright Futures Direct Services of Chittenden County and the Child Development Division of the VT Department for Children and Families, AHS

Vermont's Future Starts with Today's Children

RESOURCE FOR NEWBORN BABIES

BBFC no longer visits homes of newborn babies in Colchester. However, for a newborn resource packet free of charge, contact Building Bright Futures at buildingbrightfutures.org or 652-5138.

PLAYGROUP

A great opportunity for parents and their children to connect with other parents while children engage in a group experience. Playgroup follows the Colchester School Calendar. If school is cancelled or not in session playgroup does not run either. *Class will not meet on February 26 & 28 or April 23 & 25.* Maximum: 70. **AGES:** Birth - 6 | **DAYS:** Wednesdays & Fridays **DATES:** January 15 - June 6 | **TIME:** 9:30 - 11:00 a.m. **FACILITATOR:** BBFC Staff | **LOCATION:** Colchester Meeting House, Downstairs | **PRICE:** FREE | **REGISTRATION #:** 290000A.

If you are interested in becoming a playgroup facilitator sub and possess an early childhood or education degree please contact Jenn at 264-5643.

MBS CAREGIVER/CHILD PLAYGROUP

Join us on Monday and Tuesday mornings at Malletts Bay School for a free caregiver/child playgroup. This is a great chance to visit with other Colchester parents while the children play in a beautiful early childhood classroom. Free play, songs, stories, crafts and snacks are all part of our free playgroup experience. Just drop in! *If you have questions, call MBS at 802-264-5900.* | **DAYS:** Mondays & Tuesdays | **TIME:** 9:00 - 11:00 a.m. | **FACILITATOR:** Malletts Bay School | **LOCATION:** MBS, Early Childhood Rm | **FEE:** FREE.

PRENATAL EXERCISE - 12 CLASS PASS

Looking to stay fit throughout your pregnancy, but unsure of what you are able to do? Join us for one hour Thursday evenings at the Colchester RehabGYM for a fun and unique class filled with a variety of exercises from yoga to dance inspired boot camp to aquatic exercises that will keep you healthy, fit, energized, and motivated. This class is run by a licensed physical therapist who will maintain contact with your OB-GYN for the duration of your involvement to ensure the safety of both you and your baby. Maximum: 12. **AGES:** expecting mothers | **DAYS:** Thursdays **DATES:** January 16 - May 29 | **TIME:** 5:30 - 6:30 p.m. | **INSTRUCTOR:** Sara St. Gelais | **LOCATION:** Colchester RehabGYM, 905 Roosevelt Hwy | **PRICE:** \$100 residents, \$105 non residents | **REGISTRATION #:** 230112A.

POWER STRUGGLES - UNDERSTANDING THIS POTENT DYNAMIC

Power struggles come from a variety of components: fatigue, stress, frustration, helplessness or the quest for autonomy and power. This presentation looks at avoiding responses that provide short term relief, but long term grief. We will explore why effective reactions to children's power struggles come from understanding not simply the behavior, but also its function, mainly the child's needs and feelings. Surprisingly, the answer to power struggles is not avoiding them, but rather to take out the defiance and learn from them. Our goal will be helping children advocate for themselves by having conversations which increase their autonomy and balance new privileges with new responsibilities. Minimum: 5, Maximum: 50 (20 Childcare). **AGES:** Parents | **DAY:** Tuesday | **DATE:** February 18 | **TIME:** 9:30 - 11:00 a.m. | **INSTRUCTOR:** Scott Noyes | **LOCATION:** Colchester Meeting House, Upstairs, Childcare Downstairs | **PRICE:** FREE | **REGISTRATION #:** 281004A. **CHILDCARE IS AVAILABLE FOR CHILDREN 7 AND UNDER FOR FREE, BUT YOU MUST PRE-REGISTER USING CODE #281004B.**

EARLY LITERACY TRAINING FOR CHILDCARE PROVIDERS AND PARENTS

Using research on how babies and toddlers learn, Youth Librarians from the Burnham Library will introduce essential concepts of early literacy. The information discussed will incorporate ideas from the Beginning with Mother Goose Program and The American Library Association's Every Child Ready to Read program. There will be giveaways at all sessions. Refreshments will be served. Space is limited for this free program, developed by the Vermont Early Literacy Initiative, through the Vermont Department of Libraries. Childcare providers receive credit from Northern Lights. There will be separate sessions for childcare providers and for parents. Babysitting will be provided at the parents' session with advanced notice. Maximum: 20.

CHILDCARE PROVIDER WORKSHOP: **DAY:** Tuesday | **DATE:** March 11 | **TIME:** 6:30 - 8:30 p.m. | **LOCATION:** Burnham Memorial Library, 898 Main St. | **PRICE:** FREE | **REGISTRATION #:** 290008A. **PARENTS WORKSHOP:** **DAY:** Tuesday | **DATE:** March 25 | **TIME:** 6:30 - 8:00 p.m. | **LOCATION:** Burnham Memorial Library, 898 Main St. | **PRICE:** FREE | **REGISTRATION #:** 290008B, 290008B1 (childcare).

TODDLERS

BABY MUSIC MAKERS

Enhance your baby's natural love of music and stimulate their social, verbal & physical development. This fun, interactive class features guitar sing-a-longs with instruments, baby sign language, knee bounces, baby dances, peek-a-boo songs, finger plays, lullabies, parachute activities and lots and LOTS of bubbles! Meet other parents and learn many "take-home" songs to deepen the bond with your baby. Classes are for babies and caregivers only...please, no siblings. Minimum: 6, Maximum: 16. **AGES:** Prewalkers: 6 weeks - 12 months | **DAYS:** Saturdays | **DATES:** Session A: January 25 - March 8 (skip 3/1), Session B: March 15 - April 19, Session C: May 3 - June 14 (skip 5/24) | **TIME:** 11:15 a.m. - 12:00 p.m. | **INSTRUCTOR:** Ellie Tetrick | **LOCATION:** Colchester Meeting House, Upstairs | **PRICE:** \$55 residents, \$60 non residents | **REGISTRATION #:** 290005 plus session letter indicating dates.

TODDLER MUSIC MAKERS

Toddlers love to jump, march, stomp, clap and dance! While enhancing your child's physical, verbal and social development, this fun, interactive class features guitar sing-a-longs with instruments, rhythm activities, movement to music, finger plays, dancing with ribbons, knee bounces, parachute activities and lots and LOTS of bubbles! Classes are for toddlers and caregivers only...please, no siblings. Ellie Tetrick has been an early childhood music educator for over twenty years. She has taught Gymboree, she is certified in Kindermusik, and holds a BA degree in Theatre. She plays several musical instruments and entertains locally with her business, "Ellie's Preschool Parties" Minimum: 6, Maximum: 16. **AGES:** Steady walkers: 12 months - 2.5 years | **DAYS:** Saturdays | **DATES:** Session A1: January 25 - March 8 (skip 3/1), Session B1: March 15 - April 19, Session C1: May 3 - June 14 (skip 5/24) | **TIME:** 10:30 - 11:15 a.m. | **INSTRUCTOR:** Ellie Tetrick | **LOCATION:** Colchester Meeting House, Upstairs | **PRICE:** \$55 residents, \$60 non residents | **REGISTRATION #:** 290005 plus letter and number indicating your session choice.

PRESCHOOL MUSIC MAKERS

Toddlers love to jump, march, stomp, clap and dance! This fun, interactive class features guitar sing-a-longs with instruments, knee bounces, rhythm activities, toddler sign language, finger plays, dancing with ribbons, parachute fun and LOTS of bubbles! For toddlers and caregivers only. Please, no siblings. Minimum: 6, Maximum: 12. **AGES:** 2.5 - 5 years | **DAYS:** Saturdays | **DATES:** Session A2: January 25 - March 8 (skip 3/1), Session B2: March 15 - April 19, Session C2: May 3 - June 14 (skip 5/24) | **TIME:** 9:45 - 10:30 a.m. | **INSTRUCTOR:** Ellie Tetrick | **LOCATION:** Colchester Meeting House, Upstairs | **PRICE:** \$55 residents, \$60 non residents | **REGISTRATION #:** 290005 plus letter and number indicating your session choice.



FAMILY MUSIC MAKERS

Family Music class is for families who have more than one child under the age of 5 who would like to experience a fun music and movement class together! Activities will include guitar sing-along with instruments, knee bounces, peek-a-boo songs, finger plays, rhythm activities, dancing with ribbons, parachute fun and LOTS of bubbles! Minimum: 8, Maximum: 20. **AGES:** 6 weeks - 5 years | **DAYS:** Saturdays | **DATES:** Session A3: January 25 - March 8 (skip 3/1), Session B3: March 15 - April 19, Session C3: May 3 - June 14 (skip 5/24) | **TIME:** 9:00 - 9:45 a.m. | **INSTRUCTOR:** Ellie Tetrick | **LOCATION:** Colchester Meeting House, Upstairs | **PRICE:** \$100 residents, \$105 non residents (fee covers 2 children), additional children are \$50 per child | **REGISTRATION #:** 290005 plus letter and number indicating your session choice.

TINY TIGERS' KEMPO

A blend of structure and fun, this class teaches the foundational skills of Kempo in a lively fast-paced format. Kids enjoy the animal exercises, learning to hit the pads, blocking and dodging, games and tumbling. The skills are taught safely with an age appropriate emphasis on the martial arts philosophy. Martial arts develops concentration, motor skills and knowledge that learning is fun. Uniform included. Minimum: 2, Maximum: 4. **AGES:** 5 - 6 | **DAYS:** Mondays & Saturdays | **DATES:** March 10 - April 14 | **TIME:** Saturdays: 8:30 - 9:15 a.m. & Mondays: 3:45 - 4:30 p.m. | **INSTRUCTOR:** Martial Way Self-Defense Instructor | **LOCATION:** Martial Way, 73 Prim Rd | **PRICE:** \$75 residents, \$80 non residents | **REGISTRATION #:** 210006A.

TODDLERS & YOUTH

START SMART SPORTS PROGRAMS

Start Smart Programs, created by the National Alliance for Youth Sports, help kids ages 3 - 5 get ready for sports...and succeed in life. It is an innovative step-by-step approach that builds confidence and self-esteem in a fun and safe sports environment. The program introduces children to sports in a fun non-competitive environment. This is an interactive program with children and their parents. PARENTS MUST PARTICIPATE. Please leave other siblings at home unless supervised by another parent. Minimum: 8, Maximum: 15 per session (Basketball Maximum: 12).

BASKETBALL

AGES: 3 - 5 | **DAYS:** Tuesdays
DATES: January 14 - February 18 | **TIME:** 6:15 - 7:00 p.m. | **INSTRUCTOR:** Colchester Parks & Recreation Staff | **LOCATION:** Malletts Bay School, Cafeteria | **PRICE:** \$55 residents, \$60 non residents | **REGISTRATION #:** 288011A

SPORTS DEVELOPMENT

AGES: 3 - 5 | **DAYS:** Wednesdays | **DATES:** March 5 - April 9 | **TIME:** 6:15 - 7:00 p.m. | **INSTRUCTOR:** Colchester Parks & Recreation Staff | **LOCATION:** Malletts Bay School, Gym | **PRICE:** \$74 residents, \$79 non residents | **REGISTRATION #:** 288013A

SOCCER

AGES: 3 - 5 | **DAYS:** Mondays | **DATES:** March 10 - April 14 | **TIME:** 6:15 - 7:00 p.m. | **INSTRUCTOR:** Colchester Parks & Recreation Staff | **LOCATION:** Malletts Bay School, Gym | **PRICE:** \$55 residents, \$60 non residents | **REGISTRATION #:** 288010A

TINY TUMBLERS

This is a great class that incorporates stretching, ballet, strengthening, lengthening, flexibility, beginning tumbling and a movement/dance routine to be taught and performed at the year-end recital in May! We will also play a game or two! Super fun for your little one! Ballet or jazz shoes will be needed, appropriate dance/movement attire – no jeans, sweatshirts, etc. Dance Performance will be held on May 18. Minimum: 2, Maximum: 10. **AGES:** 3 - 5 | **DAYS:** Thursdays or Saturdays | **DATES:** Session A: January 23 - May 8, Session B: January 25 - May 10 | **TIMES:** Thursdays: 4:45 - 5:30 p.m. or Saturdays: 9:00 - 9:45 a.m. | **INSTRUCTOR:** Studio 3 Dance Instructor | **LOCATION:** Studio 3, Creek Farm Plaza | **PRICE:** \$140 residents, \$145 non residents | **REGISTRATION #:** Thursdays: 288005A, Saturdays: 288005B.

TAP KIDS

A great beginner tap class for kids! There will be lots of fun and cool, upbeat music. We will learn technique, timing and a routine will be taught to perform at the dance recital May 18, 2014. Tap shoes are required. Proper dance attire – no jeans, sweatpants, etc. Minimum: 4, Maximum: 15. **AGES:** 5 - 7 | **DAYS:** Wednesdays | **DATES:** January 22 - April 30 (skip 2/26, 4/23) | **TIME:** 4:45 - 5:35 p.m. | **INSTRUCTOR:** Studio 3 Dance Instructor | **LOCATION:** Studio 3, Creek Farm Plaza | **PRICE:** \$140 residents, \$145 non residents | **REGISTRATION #:** 271004B.

TAP & JAZZ

A great introduction to tap and jazz class for kids! This class will learn basic tap and jazz technique. Two dance routines will be taught to be performed at the dance recital in May 2014. Loads of fun for your child! Year-end dance costume fees may apply. Tap shoes and jazz or ballet shoes are required. Proper dance attire – no jeans, sweatpants, etc. Minimum: 4, Maximum: 10. **AGES:** 5 - 8 | **DAYS:** Saturdays | **DATES:** January 25 - May 10 (skip 3/1, 4/26) | **TIME:** 10:00 - 11:00 a.m. | **INSTRUCTOR:** Studio 3 Dance Instructor | **LOCATION:** Studio 3, Creek Farm Plaza | **PRICE:** \$140 residents, \$145 non residents | **REGISTRATION #:** 271004A.

BEGINNER HIP HOP

This class will teach all the coolest & latest hip hop moves! This is a fun, fast paced class. This class is super for the newer student or one with some prior dance experience. This class will start with a cardio warm up and stretch, technique, the coolest moves will be taught, and a full hip hop routine will be learned! Bring water, comfy clothes, no jeans, clean sneakers and lots of energy! Minimum: 4, Maximum: 15. **AGES:** 7 - 10 | **DAYS:** Tuesdays | **DATES:** January 21 - April 29 (skip 2/25, 3/4, 4/22) | **TIME:** 6:45 - 7:35 p.m. | **INSTRUCTOR:** Studio 3 Dance Instructor | **LOCATION:** Studio 3, Creek Farm Plaza | **PRICE:** \$140 residents, \$145 non residents | **REGISTRATION #:** 271002A.

DASHING DIVAS

Relax like a Diva should! Choose from all the colors of the rainbow to paint your nails, apply a facial mask and learn beauty tips! All participants will receive their own beauty kit to take home. Minimum: 5, Maximum: 10. **GRADES:** 3 - 5 | **DAY:** Tuesday | **DATE:** April 8 | **TIME:** 3:05 - 5:00 p.m. | **INSTRUCTOR:** Colchester Parks & Recreation Staff | **LOCATION:** Malletts Bay School, Art Room | **PRICE:** \$40 residents, \$45 non residents | **REGISTRATION #:** 287013A.



BEGINNING ICE SKATING

Ice skating is great fun and good exercise! This class is designed for beginners who have never skated before or beginners who want to improve their skills. Basic skating skills will be taught each night along with an open skate (instructor's discretion). Helmets & skates are not included. Skates are available to rent at the rink for \$3.00 each night. Minimum: 10, Maximum: 12. **AGES:** 5 - 12 | **DAYS:** Sundays | **DATES:** March 2 - 23 | **TIME:** 3:15 - 4:15 p.m. | **INSTRUCTOR:** Arena Pros | **LOCATION:** Leddy Park Ice Rink - North Ave. Burlington | **PRICE:** \$65 residents, \$70 non residents | **REGISTRATION #:** 210003A.

INTRODUCTION TO VIDEO JOURNALISM

Looking to experience the world of video production? During this six-week program, participants will learn camera and editing basics through a number of fun exercises which will air as a final program on Lake Champlain Access Television. Classes will be held in MBS and in Lake Champlain Access Television's unique Mobile Video Lab, a rolling digital work center, which LCATV Staff will bring to the school. Minimum: 4, Maximum: 10. **GRADES:** 3 - 5 | **DAYS:** Tuesdays | **DATES:** April 1 - May 13 (skip 4/22) | **TIME:** 3:05 - 4:15 p.m. | **INSTRUCTOR:** Lake Champlain Access Television Staff | **LOCATION:** Malletts Bay School, Room 194 | **PRICE:** \$55 residents, \$60 non residents | **REGISTRATION #:** 281005B.

WINTER DRAWING WITH YOUNG REMBRANDTS

Start 2014 off with a bang! Young Rembrandts students will flex their creative muscle as they take on artistic challenges like our Still Life Backpack and Sporty Snowboarder lesson in January. In February, students will master perspective and personality as they complete a challenging Palm Tree Scene, cute Penguins and their own version of Grant Wood's *American Gothic*. And in the month of March, get ready for a mix of elegance and graphic style drawings as students complete a Graceful Swan and Wise Owl. There's no better way to shake the winter blues. Minimum: 4, Maximum: 15. **GRADES:** K - 5 | **DAYS:** MBS: Wednesdays; UMS: Tuesdays, PPS: Mondays | **DATES:** MBS: January 15 - February 19, UMS: January 14 - February 18, PPS: January 13 - February 17 (skip 1/20), | **TIME:** MBS & UMS: 3:05 - 4:15 p.m., PPS: 2:50 - 4:00 p.m. | **INSTRUCTOR:** Young Rembrandts Instructors | **LOCATION:** MBS, UMS & PPS Rooms TBD | **PRICE:** MBS & UMS (six-weeks) \$60 residents, \$65 non residents, PPS (five-weeks) \$48 residents, \$53 non residents | **REGISTRATION #:** MBS: 287005A, UMS: 287005B, PPS: 287005C.

SPRING DRAWING WITH YOUNG REMBRANDTS

Does your child have a great sense of humor to compliment his or her artistic skills? If so, your child will LOVE a Young Rembrandts Cartoon class. Our students will learn how to personify inanimate objects, as they breathe life into everyday clocks. Popular pets will also see the cartoon treatment as they're transformed into colorful characters. Then we will imagine ourselves traveling to far away worlds as we illustrate amazing alien beings. We will also demonstrate to our students that drawing toys can be just as much fun as playing with them. Minimum: 4, Maximum: 15. **GRADES:** K - 5 | **DAYS:** MBS: Wednesdays; UMS: Tuesdays, PPS: Mondays | **DATES:** MBS: March 19 - May 14 (skip 4/23), UMS: March 18 - May 13 (skip 4/22), PPS: March 17 - May 12 (skip 4/21), | **TIME:** MBS & UMS: 3:05 - 4:15 p.m., PPS: 2:50 - 4:00 p.m. | **INSTRUCTOR:** Young Rembrandts Instructors | **LOCATION:** MBS, UMS & PPS Rooms TBD | **PRICE:** (eight-weeks) \$80 residents, \$85 non residents | **REGISTRATION #:** MBS: 287006A, UMS: 287006B, PPS: 287006C.

MONSTER TRUCK MECHANICS

This popular sphere-and-rod construction kit comes with instructions for creating 12 different cars, including a supersonic stinger and a lunar rover with enough parts to build any three models at once! Includes 76 pieces, including 12 wheels notched for gear-driven action. Minimum: 5, Maximum: 10. **GRADES:** K - 2 | **DAY:** Wednesday | **DATE:** UMS: May 21, PPS: May 28 **TIME:** UMS: 3:10 - 4:30 p.m., PPS: 2:50 - 4:15 p.m. | **INSTRUCTOR:** Colchester Parks & Recreation | **LOCATION:** Room TBD | **PRICE:** \$45 residents, \$50 non residents | **REGISTRATION #:** UMS: 287017A, PPS: 287017B.



LEGO LUNACY!

Head for the open highway with this 3-in-one Highway Speedster! This awesome supercar features working scissor doors, opening engine bay, detailed engine compartment, sunroof and sleek alloy wheels with rims! Rebuild into a classic racing car or a functional tow truck with hook and warning lights. This lego kit is yours to keep. Minimum: 6, Maximum: 12. **GRADES:** 3 - 5 | **DAY:** Thursday | **DATE:** March 6 | **TIME:** 3:05 - 5:00 p.m. | **INSTRUCTOR:** Colchester Parks & Recreation Staff | **LOCATION:** Malletts Bay School, Library | **PRICE:** \$55 residents, \$60 non residents | **REGISTRATION DEADLINE:** February 14 | **REGISTRATION #:** 280000C.



LITTLE LEGO LUNACY!

Enjoy an underwater adventure with Spongebob and friends while you put together his amusement park! This lego kit is yours to keep! Minimum: 6, Maximum: 12.

UNION MEMORIAL SCHOOL

GRADES: K - 2 | **DAY:** Thursday | **DATE:** March 13 | **TIME:** 2:50 - 4:40 p.m. | **INSTRUCTOR:** Colchester Parks & Recreation Staff | **LOCATION:** Union Memorial School, Art Room | **PRICE:** \$55 residents, \$60 non residents | **REGISTRATION DEADLINE:** February 14 | **REGISTRATION #:** 280000A.



PORTERS POINT SCHOOL

GRADES: K - 2 | **DAY:** Thursday | **DATE:** March 20 | **TIME:** 3:05 - 4:55 p.m. | **INSTRUCTOR:** Colchester Parks & Recreation Staff | **LOCATION:** Porters Point School, Art Room | **PRICE:** \$55 residents, \$60 non residents | **REGISTRATION DEADLINE:** February 14 | **REGISTRATION #:** 280000B.



FORENSIC INVESTIGATION CLUB

Students will discover how to secure and process a crime scene. In each class students will learn skills used in today's crime fighting and learn what it takes to work in the field of forensics. Topics include fingerprint analysis, hand-writing analysis, DNA lab, interviewing suspects and evidence collection. Minimum: 5, Maximum: 10. **GRADES:** 3 - 5 | **DAYS:** Wednesdays | **DATES:** March 5 - 26 | **TIME:** 3:05 - 4:30 p.m. | **INSTRUCTOR:** Colchester Parks & Recreation Staff | **LOCATION:** Malletts Bay School, Room 158 | **PRICE:** \$68 residents, \$73 non residents | **REGISTRATION #:** 282003A.

CREATING CRAFTS WITH WOOD

Join us for six weeks of fun! Each week we will create a different craft out of wood. Creations include: airplanes, pirate ships, treasure chests, birds, insects, animals and more. Minimum: 6, Maximum: 11. **GRADES:** 3 - 5 | **DAYS:** Wednesdays | **DATES:** March 12 - April 16 | **TIME:** 3:05 - 4:30 p.m. | **INSTRUCTOR:** Colchester Parks & Recreation Staff | **LOCATION:** Malletts Bay School, Room 161 | **PRICE:** \$65 residents, \$70 non residents | **REGISTRATION #:** 282002A.

SPEAKING A FOREIGN LANGUAGE MAKES A WORLD OF DIFFERENCE!

Hola! Come and learn to speak spanish with senorita Amcheriea and meet Teddy [un oso] (a bear) that speaks Spanish and many more [amigos] (friends)! Travel through an exciting adventure with songs, dances, games and stories! Minimum: 6, Maximum 12. **GRADES:** 3 -5 | **DAYS:** Wednesdays | **DATES:** January 29 - May 28 (skip 2/26 & 4/23) | **TIME:** 3:05 - 4:15 p.m. | **INSTRUCTOR:** Amcheriea Robertson | **LOCATION:** Malletts Bay School, Room TBD | **PRICE:** \$75 residents, \$80 non residents | **REGISTRATION #:** 281008A.

YOUTH KNITTING

Learn to knit or improve your skills if you already know how. Enjoy the fun of knitting with others and make a project of your choice. All materials will be provided. Minimum: 4, Maximum: 8. **GRADES:** 3 -5 | **DAYS:** Thursdays | **DATES:** March 6 - April 10 | **TIME:** 3:05 - 4:30 p.m. | **INSTRUCTOR:** Christine Heavner, The Traveling Knitter | **LOCATION:** MBS, Art Room | **PRICE:** \$75 residents, \$80 non residents | **REGISTRATION #:** 280020A.

MOTHER'S DAY SURPRISE!

Stay after school to create a homemade Mother's Day gift from the heart that your mom or grandma will enjoy year after year. Minimum: 4, Maximum 8. **GRADES:** K -2 | **DAY:** PPS: Tuesday, UMS: Thursday | **DATE:** PPS: May 6, UMS: May 8 | **TIME:** PPS 2:50 - 5:00, UMS: 3:05 - 5:15 p.m. | **INSTRUCTOR:** Colchester Parks & Recreation Staff | **LOCATION:** PPS & UMS, Rooms TBD | **PRICE:** \$45 residents, \$50 non residents | **REGISTRATION #:** PPS: 287015A, UMS: 287015B.

AFTER SCHOOL BOWLING

Bus transportation will be provided from school to Spare Time for all 70 registrants. All children must ride the bus to Spare Time. Parents are responsible for 5:15 p.m. pick-up at Spare Time. Parents will need to sign out their children everyday inside Spare Time (No exceptions). Participants will bowl 2 games daily, receive shoe rental and a free pizza party at the end of the program. Minimum: 30, Maximum: 70. **GRADES:** K - 5 | **DAYS:** Tuesdays | **DATES:** March 11 - April 15 | **TIME:** After School - 5:15 p.m. | **INSTRUCTOR:** Spare Time Staff | **LOCATION:** Spare Time, 215 Lower Mtn View Drive | **PRICE:** \$95 residents, \$100 non residents | **REGISTRATION #:** 280009A (PPS), 280009B (UMS), 280009C (MBS).

AFTER SCHOOL TENNIS

This program will focus on the fundamentals of tennis. Our staff will teach correct form, strokes and rules through a variety of drills and games. Racquets will be provided. Minimum: 4, Maximum: 8. **GRADES:** 3 - 5 | **DAYS:** Mondays | **DATES:** January 27 - March 17 (skip 2/24, 3/3) | **TIME:** 3:05 - 4:15 p.m. | **INSTRUCTOR:** Alana Feeley, CHS Varsity Tennis Player | **LOCATION:** Malletts Bay School, Gym | **PRICE:** \$30 residents, \$35 non residents | **REGISTRATION #:** 203000A.

MASTER PIECE BY PIECE

Design and create your very own puzzle that you can keep and put together as often as you like. Minimum: 5, Maximum: 10. **GRADES:** K - 2 | **DAY:** Thursday | **DATE:** UMS: February 13, PPS: February 20 | **TIME:** After School - 5:00 p.m. | **INSTRUCTOR:** Colchester Parks & Recreation | **LOCATION:** Room TBD | **PRICE:** \$30 residents, \$35 non residents | **REGISTRATION #:** UMS: 287016A, PPS: 287016B.

JEWELRY MAKING CLUB

Get together with your friends and make beautiful jewelry to keep, share or give away as gifts. Each participant will get their own jewelry kit. Minimum: 5, Maximum: 10. **GRADES:** 3 - 5 | **DAYS:** Wednesdays | **DATES:** February 5 - 19 | **TIME:** 3:05 - 4:30 p.m. | **INSTRUCTOR:** Colchester Parks & Recreation Staff | **LOCATION:** Malletts Bay School, Room TBA | **PRICE:** \$40 residents, \$45 non residents | **REGISTRATION #:** 287014A.

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Do you have a hobby or skill you would like to share with the community? If so, call us and we can help you create a program. For more information, please call 264-5640.



JUNIOR KEMPO

This beginners' class introduces kids to the skills, action and philosophy of the traditional martial arts. Martial arts is great exercise, promotes discipline and respect, builds confidence and teaches children to set goals and work hard to achieve them. Our approach is one of patience, encouragement and motivation for all members. Perfect for children who have shied away from traditional team sports. Uniforms will be provided. Minimum: 2, Maximum: 6.

AGES: 7 - 13 | **DAYS:** Tuesdays
DATES: March 11 - April 15 | **TIME:** 5:15 - 6:00 p.m. | **INSTRUCTOR:** Martial Way Self-Defense Instructor | **LOCATION:** Martial Way, 73 Prim Rd
PRICE: \$80 residents, \$85 non residents | **REGISTRATION #:** 210006B.

AGES: 7 - 13 | **DAYS:** Saturdays
DATES: March 15 - April 19 | **TIME:** 9:15 - 10:00 a.m. | **INSTRUCTOR:** Martial Way Self-Defense Instructor
LOCATION: Martial Way, 73 Prim Rd
PRICE: \$80 residents, \$85 non residents | **REGISTRATION #:** 210006C.

THINKSAFE

Children will learn about common lures used by predators and ways to deter them. Participants will practice hands-on abduction prevention techniques, verbal deterrence and safety strategies. Minimum: 1, Maximum: 6.

AGES: 4 - 7 | **DAY:** Friday | **DATE:** March 14 | **TIME:** 5:30 - 6:15 p.m. | **INSTRUCTOR:** Martial Way Self-Defense Instructor | **LOCATION:** Martial Way, 73 Prim Rd | **PRICE:** \$14 residents, \$19 non residents
REGISTRATION #: 210007A.

AGES: 8 - 12 | **DAY:** Friday | **DATE:** March 14 | **TIME:** 6:15 - 7:00 p.m. | **INSTRUCTOR:** Martial Way Self-Defense Instructor | **LOCATION:** Martial Way, 73 Prim Rd | **PRICE:** \$14 residents, \$19 non residents | **REGISTRATION #:** 210007B.

KID-JITSU

Kid-Jitsu is a safe and effective form of self defense for children, as well as an exciting competitive sport for those interested. An age-appropriate, scaled down version of Brazilian Jui-Jitsu, this class differs from other martial arts in that there are no kicks, punches or strikes of any kind. Instead, participants learn to defend and control an approach using techniques and leverage. It's a great outlet for an active child and also a great way to build physical confidence in any child. Uniforms will be provided. Minimum: 1, Maximum: 6.

AGES: 7 - 13 | **DAYS:** Mondays
DATES: March 10 - April 14 | **TIME:** 4:30 - 5:15 p.m. | **INSTRUCTOR:** Martial Way Self-Defense Instructor | **LOCATION:** Martial Way, 73 Prim Rd | **PRICE:** \$80 residents, \$85 non residents | **REGISTRATION #:** 210006D.

AGES: 7 - 13 | **DAYS:** Tuesdays
DATES: March 11 - April 15 | **TIME:** 6:45 - 7:30 p.m. | **INSTRUCTOR:** Martial Way Self-Defense Instructor | **LOCATION:** Martial Way, 73 Prim Rd | **PRICE:** \$80 residents, \$85 non residents | **REGISTRATION #:** 210006E.

YOUTH VACATIONS

FEBRUARY & APRIL VACATION CAMP

Enjoy a week of fun with your friends and the Colchester Parks & Recreation Department A.C.E. Staff. We will be offering a camp for the whole week of February & April vacations. There will be games, activities, crafts, movies, a field trip and much more. Participants need to bring a lunch and snack for each day. Minimum: 25, Maximum: 75.

FEBRUARY

GRADES: K - 6 | **DAYS:** Monday - Friday | **DATES:** February 24 - 28 | **TIME:** 8:00 a.m.- 4:00 p.m. | **INSTRUCTOR:** Colchester Recreation Staff | **LOCATION:** MBS, Gym & Cafeteria | **PRICE:** \$130 residents, \$135 non residents | **REGISTRATION #:** 280016A.

EXTENDED HOUR CHARGES

7:30 a.m. drop off	280016A1	\$9.
4:30 p.m. pick up	280016A2	\$9.
5:00 p.m. pick up	280016A3	\$12.
5:30 p.m. pick up	280016A4	\$15.

APRIL

GRADES: K - 6 | **DAYS:** Monday - Friday | **DATES:** April 21 - 25 | **TIME:** 8:00 a.m. - 4:00 p.m. | **INSTRUCTOR:** Colchester Recreation Staff | **LOCATION:** MBS, Gym & Cafeteria | **PRICE:** \$130 residents, \$135 non residents | **REGISTRATION #:** 280016B.

EXTENDED HOUR CHARGES

7:30 a.m. drop off	280016B1	\$9.
4:30 p.m. pick up	280016B2	\$9.
5:00 p.m. pick up	280016B3	\$12.
5:30 p.m. pick up	280016B4	\$15.

FEE FOR BOTH SESSIONS (MUST REGISTER FOR BOTH AT THE SAME TIME TO RECEIVE DISCOUNT):
#280016B5 \$250 residents, \$260 non residents

BASEBALL CLINIC

Some of Colchester's finest baseball staff will introduce the skills and FUN-damentals of the game of baseball. Players will develop new or improve existing throwing, hitting and other baseball skills. Open to all levels. All players must bring their own glove, water bottle, sneakers and snack. Minimum: 5, Maximum: 25. **AGES:** 7 - 12 | **DAYS:** Tuesday & Thursday | **DATES:** February 25 & 27 | **TIME:** 1:00 - 3:00 p.m. | **INSTRUCTOR:** Jim Olson | **LOCATION:** CMS, Gym | **PRICE:** \$25 residents, \$30 non residents | **REGISTRATION #:** 288006A.

TENNIS CLINIC

This clinic is designed for beginners and intermediate players. Your child will learn basic skills and techniques through drills and games. Our staff will make sure your child is using the appropriate size racquet. Loaner racquets are available. Minimum: 5, Maximum: 12. **AGES:** 5 - 12 | **DAYS:** Wednesday & Friday | **DATES:** February 26 & 28 | **TIME:** 1:00 - 3:00 p.m. | **INSTRUCTOR:** Jim Olson | **LOCATION:** CMS, Gym | **PRICE:** \$25 residents, \$30 non residents | **REGISTRATION #:** 203000B.

SPRING BREAK SOCCER CAMP

Don't waste your week off in front of the TV or computer! Come out and get some exercise, have some fun and play soccer. Players will be separated by age and ability. Vermont Premier Soccer will ensure that every child has an outstanding experience! Weather dependent we will be playing outdoors, but please make sure to bring a change of clothes and indoor sneakers in case it rains. All players must bring snacks and water. If you are in session A please also pack a lunch. Minimum: 6 1/2 day camp, 15 for full day camp.

AGES: 7 - 13 | **DAYS:** Monday - Friday | **DATES:** April 21 - 25 | **TIME:** 9:00 - 3:00 p.m. | **INSTRUCTOR:** Vermont Premier Soccer | **LOCATION:** CMS, Athletic Fields | **PRICE:** \$195 residents, \$200 non residents | **REGISTRATION #:** 283000A.

AGES: 4 - 6 | **DAYS:** Monday - Friday | **DATES:** April 21 - 25 | **TIME:** 9:00 - 12:00 p.m. | **INSTRUCTOR:** Vermont Premier Soccer | **LOCATION:** CMS, Athletic Fields | **PRICE:** \$120 residents, \$125 non residents | **REGISTRATION #:** 283000B.

DRAWING & WATERCOLOR VACATION CAMP

Come spend the week with Illustrator, Ginny Joyner learning drawing skills and watercolor techniques for the budding young artist. Classes will include still life and landscape drawing as well as basic watercolor methods. Watercolor and drawing supplies included. Students need to bring their own snack and beverages. Ginny Joyner is the illustrator for *M is for Maple Syrup: Vermont Alphabet Book*. Minimum: 6, Maximum 10. **GRADES:** 3 - 5 | **DAYS:** Monday - Friday | **DATES:** April 21 - 25 | **TIME:** 9:00 a.m.- 12:00 p.m. | **INSTRUCTOR:** Ginny Joyner | **LOCATION:** Bayside Activity Center | **PRICE:** \$216 residents, \$221 non residents | **REGISTRATION #:** 286004A.

YOUTH LACROSSE

2014 Youth Lacrosse Season: March 24th - June 14th

Registration is OPEN!

Fee: \$75 per player

U11 Coed Team: Practices twice a week, Times TBD

Players need to be under 11 as of Dec 31st prior to season, & not in 5th grade.

Games held on Saturdays beginning in May, travel is necessary, week day games will also be scheduled

U13 Boys Team: Practices twice a week, Times TBD

Players need to be under 13 as of Dec 31st prior to season, & not in 7th grade.

Games held on Saturdays beginning in May, travel is necessary, week day games will also be scheduled

U13 Girls Team: Practices twice a week, Times TBD

Players need to be under 13 as of Dec 31st prior to season, & not in 7th grade.

Games held on Sundays beginning in May, travel is necessary, week day games will also be scheduled

U15 Boys Team: Practices twice a week, Times TBD

Players need to be under 15 as of Dec 31st prior to season, & not in 9th grade.

Games held on Saturdays beginning in May, travel is necessary, week day games will also be scheduled

U15 Girls Team: Practices twice a week, Times TBD

Players need to be under 15 as of Dec 31st prior to season, & not in 9th grade.

Games held on Sundays beginning in May, travel is necessary, week day games will also be scheduled

Players are required to provide their own equipment which includes a stick and protective gear (gloves, arm pads, shoulder pads, and helmet).

US LACROSSE MEMBERSHIP REQUIRED

Parents must register their child for a US Lacrosse membership before your child can play! Please log onto www.uslacrosse.org and click on 'membership' in the top left hand corner to register your child. You must then show us proof of membership by submitting your child's membership number with your registration form to the Parks & Recreation Department.

LACROSSE LAUNCH

Want to experience the game of lacrosse? Then join us for this introductory lacrosse program! Kids will work alongside our coaches while learning the fundamentals of lacrosse. Players will be taught many elements of the game including how to grip a lacrosse stick and how to pass and shoot a lacrosse ball. Soft lacrosse balls will be used, protective equipment is required. Hockey equipment is acceptable, including helmet, face mask required. Loaner sticks are available with advance notice. All players receive a Colchester Lacrosse Tee! US Lacrosse Membership not needed for Lacrosse Launch participants. Minimum: 10, Maximum: 30. **GRADES:** K - 2 | **DAYS:** Saturdays | **DATES:** May 4 - June 14 (skip 5/24) | **TIME:** 8:30 - 9:30 a.m. | **COACHES:** Colchester Parks & Recreation Coaches | **LOCATION:** Bayside Park, Lacrosse Field | **PRICE:** \$30 residents/\$35 non residents | **REGISTRATION #:** 500000A.

U13 & U15 GIRLS LACROSSE

Through a US Lacrosse Grant we provide 24 sticks & 24 eye masks. This would be a great opportunity for your daughter to try a new sport without making that initial equipment investment. Equipment is first-come, first-serve.

The lacrosse program continues to grow and the need for volunteers grows along with it. If you are interested in coaching, please email Kelly McGinley at kmcginley@colchestervt.gov



YOUTH LACROSSE REGISTRATION



Registration Deadline: March 14, 2014

Participant Information: (one form per player)

Player Name: _____ Date of Birth: ____/____/____ Age: _____ Grade: _____ Gender: M F

Address: _____ City: _____ State: _____ Zip: _____

Parents Name: _____ Day Phone: _____ Cell Phone: _____

E-Mail Address: _____ Work Phone: _____

Emergency Contact #1: _____ Phone: _____ Cell Phone: _____

Emergency Contact #2: _____ Phone: _____ Cell Phone: _____

Allergies: _____ Medications: _____

Insurance Carrier: _____ Insurance Number: _____

Family Doctor: _____ Phone: _____

Family Dentist: _____ Phone: _____

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT

I hereby release and discharge Colchester Parks & Recreation, its agents, employees, staff members, directors, and officers from any claims, responsibilities or liabilities for injuries or harm incurred as a result of my participation and/or my child's participation as a player or spectator in lacrosse games and practices through Colchester Parks & Recreation.

Signature of Parent or Legal Guardian: _____ Date: _____

PERMISSION TO TRANSPORT

I give Colchester Parks & Recreation & the Colchester Youth Lacrosse programs permission to have my child transported to Fletcher Allen Health Care for emergency medical care. I give permission to transport my child by ambulance with an Colchester Parks & Recreation staff member or volunteer coach to the hospital.

Signature of Parent or Legal Guardian: _____ Date: _____

Player Fees:

U11 COED: \$75.00 Under 11 as of 12/31/13 and not in 5th grade

U13 BOYS: \$75.00 Under 13 as of 12/31/13 and not in 7th grade

U13 GIRLS: \$75.00 Under 13 as of 12/31/13 and not in 7th grade

U15 BOYS: \$75.00 Under 15 as of 12/31/13 and not in 9th grade

U15 GIRLS: \$75.00 Under 15 as of 12/31/13 and not in 9th grade

Class Codes: (circle appropriate division)

U11 Coed: 500000B

U13 Boys: 500000C

U13 Girls: 500000C1

U15 Boys: 500000D

U15 Girls: 500000E

All players must provide US Lacrosse Membership Number

US LACROSSE #: _____

Payment Information:

Check #: _____ Cash: _____

Cash or Check Amount: _____

Check Policy: \$25.00 service fee for all returned checks

All checks should be made out & mailed to :

Colchester Parks & Recreation,
P.O. Box 55, Colchester, VT 05446.

For more information call Colchester Parks & Recreation: 802-264-5646.

Please Circle Card Type: Visa MC

Name on Card: _____

Credit Card #: _____

Expiration Date: _____

Total Amount to Charge: \$ _____

Signature of Cardholder: _____

TWEENS & TEENS



COFFEEHOUSE

Hang out with your fiends, work on homework, play games and refresh yourself with delicious beverages. Minimum: 5. **GRADES:** 6 - 8 | **DAYS:** Tuesdays | **DATES:** January 28 - February 18 | **TIME:** 2:10 - 3:30 p.m. | **INSTRUCTOR:** Colchester Parks & Recreation Staff | **LOCATION:** CMS, Library | **PRICE:** \$10 residents, \$15 non residents | **REGISTRATION #:** 280022A.

BABYSITTING TRAINING COURSE

The Safe Sitter program includes instruction in babysitting skills and techniques that include: care of choking infant/child, infant & child CPR, injury prevention and management, safety for the sitter, child care essentials, behavior management and babysitting as a business. Each participant must pass a written and practical exam. Participants must bring a lunch, snack and drinks. Minimum: 10, Maximum 16. **AGES:** 10 - 15 | **DAY:** Monday | **DATE:** March 3 | **TIME:** 9:00 - 3:00 p.m. | **INSTRUCTOR:** Colchester Parks & Recreation Staff | **LOCATION:** Bayside Activity Center | **PRICE:** \$65 residents, \$70 non residents | **REGISTRATION #:** 280003A.



NORTHERN LIGHTS ROCK'N ROPES

VACATION CAMP

Northern Lights Rock & Ice Rock'n Ropes Vacation Camp focuses on "Challenge by choice" adventure fun. Campers build confidence and self respect while learning the importance of team work, getting along and respecting others. Our 5 day camp is filled with low, mid and high challenge courses, leap and giant swing elements, climbing, games and initiatives, learning map and compass, geocaching hikes and ziplines all at our state of the art facility. Campers build communication skills, trust and lasting memories while challenging themselves to extend their normal comfort zones. Our camps will include swimming at the Essex indoor pool and a cookout for campers on Friday. Minimum: 6, Maximum: 16. **AGES:** 8 - 15 | **DAYS:** Monday - Friday | **DATES:** Session A: February 24 - 28, Session B: April 21 - 25 | **TIME:** 9:00 a.m. - 4:00 p.m. | **INSTRUCTOR:** Northern Lights Rock & Ice Staff | **LOCATION:** Northern Lights Rock & Ice, 14 Freeman Woods Rd., Essex Jct. | **PRICE:** \$285 residents, \$290 non residents per session | **REGISTRATION #:** February: 286005A, April: 286005B.



DANCING LIKE THE STARS!

Learn to dance like the stars! You will learn salsa, merengue, Latin hip hop and more! Students will give a dance show at the end of the session! You don't need a partner and beginners are welcome!. Minimum: 6. **GRADES:** 6 - 8 | **DAYS:** Thursdays | **DATES:** February 6 - March 27 | **TIME:** 2:15 - 3:15 p.m. | **INSTRUCTOR:** Reinita Arnold, Owner of Dancing with Style | **LOCATION:** CMS, Cafeteria | **PRICE:** \$40 residents, \$45 non residents | **REGISTRATION #:** 230101A.

PANORAMA SUGAR EGGS

Looking for an event for your family to enjoy? Come start a new tradition by registering for an old family favorite of Panorama Sugar Egg making. We will provide the instruction and supplies. Families will be able to take their eggs home. Additional Sugar Eggs (small egg) available for \$20.00 each, must request prior to class. Minimum: 5, Maximum: 15. **AGES:** 12+ | **DAY:** Sunday | **DATE:** April 6 | **TIME:** 1:30 - 3:00 p.m. | **INSTRUCTOR:** Cal King | **LOCATION:** Colchester Meeting House, Downstairs | **PRICE:** \$40 resident, \$45 non resident | **REGISTRATION DEADLINE:** March 11 | **REGISTRATION #:** 280012A | *Additional Smaller Egg: Use code 280012B.*

ALL A

FAMILY GAME NIGHT

Join your family for board games, billiards and pizza! This informal evening is a great way to spend time with your family and make new friends. Kids and Colchester Parks & Recreation staff will walk down to the Bayside Activity Center afterschool and parents will meet us there. Bring your favorite game and get ready to have fun! Minimum: 10, Maximum: 30. **GRADES:** 3 - 5 with their families | **DAY:** Thursday | **DATE:** April 24 | **TIME:** 3:05 - 6:00 p.m. | **INSTRUCTOR:** Colchester Parks & Recreation Staff | **LOCATION:** Bayside Activity Center (Kids will meet in MBS, Gym) | **PRICE:** \$5 Kids, \$10 Adults | **REGISTRATION #:** 230203A (Kids), 230203A1 (Adults).

DADDY DAUGHTER SKATE

A night designed for daddy and his little girl. Enjoy an evening of skating, pizza and more. Each daddy and daughter will leave with a picture and a frame they made together. Skate rentals are available at the rink for \$3.00. Minimum: 20, Maximum: 36. **AGES:** All Ages (daddy & daughter) | **DAY:** Saturday | **DATE:** March 1 | **TIME:** 4:15 - 6:15 p.m. | **INSTRUCTOR:** Colchester Parks & Recreation Staff | **LOCATION:** Leddy Park Ice Rink, North Ave. Burlington | **PRICE:** \$15 resident, \$20 non resident per person (daddy's must register) | **REGISTRATION #:** 280023A.

OPEN SWIM AT SAINT MICHAEL'S COLLEGE

Come join your fellow Colchester residents during the cold months and warm up in the SMC pool. Enter the Ross Sports Center through the Tarrant Recreation building facing Route 15. This program is for Colchester residents only. **PARTICIPANTS MUST REGISTER.** Minimum: 10, Maximum: 40. **AGES:** All Ages | **DAY:** Session A: Sunday, Session B: Saturday | **DATE:** A: February 16, B: March 1 | **TIME:** 4:00 - 6:00 p.m. | **LIFEGUARD:** Colchester Parks & Recreation Staff | **LOCATION:** Saint Michael's College, Tarrant Center, Swimming Pool | **PRICE:** FREE | **REGISTRATION #:** Session A: 230202A, Session B: 230202B.



AGES

SPEAKING A FOREIGN LANGUAGE MAKES A WORLD OF DIFFERENCE!

BEGINNER SPANISH: Bienvenido! Welcome! Come learn Spanish! You'll learn basic everyday expressions (ideal for travel). Enjoy a taste of Spanish culture through music, videos, dance and food! Class is open to adults and home schooled children starting at age 11. **INTERMEDIATE SPANISH:** Bienvenido! Come continue learning Spanish and advance your language skills. Enjoy learning through music, games, sories, videos, dance, culture and food. Minimum: 8, Maximum 10.

BEGINNER SPANISH

AGES: 11+ (Homeschoolers Welcomed!) | **DAYS:** Mondays | **DATES:** Session B: January 27 - March 24 (skip 2/24), Session C: March 31 - May 26 (skip 4/21) | **TIME:** 9:30 - 11:30 a.m. | **INSTRUCTOR:** Amcheriea Robertson | **LOCATION:** Colchester Meeting House, Upstairs | **PRICE:** \$100 residents, \$105 non residents | **REGISTRATION #:** 281008 plus letter indicating session.

INTERMEDIATE SPANISH

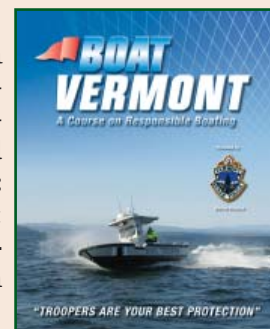
AGES: 18+ | **DAYS:** Mondays | **DATES:** Session A: January 27 - March 24 (skip 2/24), Session B: March 31 - May 26 (skip 4/21) | **TIME:** 4:00 - 6:00 p.m. | **INSTRUCTOR:** Amcheriea Robertson | **LOCATION:** Colchester Meeting House, Upstairs | **PRICE:** \$100 residents, \$105 non residents | **REGISTRATION #:** 281009 plus letter indicating session.

ZUMBA ® GOLD 10 CLASS PASS

Ready to ditch the workout and party? This lower impact of traditional ZUMBA ® is great for all you baby boomers, those not sure where to start to get you fitness moving, or those who just love to dance and have fun! Come shake it to Latin infused, world beat, and current tunes – you won't even feel like you've been working out! You can use the 10 classes any time you want after January 20, there is no expiration date! **AGES:** All Ages | **DAYS:** Mondays, Wednesdays or Fridays | **DATES:** January 20 - pass is used | **TIME:** 4:30 - 5:15 p.m. | **INSTRUCTOR:** Studio 3 Staff | **LOCATION:** Studio 3, Creek Farm Plaza | **PRICE:** \$55 resident, \$60 non resident | **REGISTRATION #:** 260012A.

BOATER SAFETY

Vermont State Law requires that individuals born after January 1, 1974 need to attend a boating safety course prior to operating a motor boat in Vermont waters. Topics covered include boating safety equipment, emergency procedures, basic navigation and Vermont boating laws. This class is appropriate for all new boaters, youth and adult. You must attend all 4 classes to receive your certificate. Minimum: 20, Maximum: 25. **AGES:** 13+ | **DAYS:** Session A: Tuesdays, Session B: Wednesdays | **DATES:** Session A: March 4 - 25, Session B: April 2 - 23 | **TIME:** 6:00 - 8:30 p.m. | **INSTRUCTOR:** Colchester Police Department | **LOCATION:** Colchester Police Department, Community Room | **PRICE:** \$10 resident, \$15 non resident | **REGISTRATION #:** 240001 plus letter indicating session.



JAY PEAK SKI TRIP

All aboard the Vermont Ski Bus! Ski and play all day at Jay with coach transportation and snacks provided. Pick up will be at the Bayside Activity Center, parking lot. Kids under the age of 15 need to be accompanied by a guardian over the age of 18. Rental discounts are available at the mountain. Storage on bus for skis, boards, boots and bags. Minimum: 10, Maximum: 20. **AGES:** All Ages | **DAY:** Sunday | **DATE:** February 9 | **TIME:** 7:30 a.m. - 4:15 p.m. | **PICK UP & DROP OFF LOCATION:** Bayside Park, Parking Lot | **PRICE:** Ages (19 & under): \$60 resident, \$65 non residents, Ages (20+): \$65 resident, \$70 non residents | **REGISTRATION #:** 286000A | **REGISTRATION #:** 286000A1.

CHAIR YOGA

A gentle yoga program using mats and chairs to promote balance and agility. Based on the Peggy Cappy teaching which can be viewed on Public Access Television. Dress comfortably and bring a mat if you have one. Pre-registration required. Maximum: 10. **AGES:** All Ages | **DAYS:** Fridays | **DATES:** January 24 - February 28 | **TIME:** 10:00 - 11:00 a.m. | **INSTRUCTOR:** Betty Molnar | **LOCATION:** Bayside Activity Center | **PRICE:** Ages 49 & under: \$57 resident, \$62 non resident, Ages 50+: \$40 resident, \$45 non resident | **REGISTRATION #:** Ages 49 & under: 270004A, Ages 50+: 270004A1.

**REGISTRATION BEGINS AS SOON AS
YOU RECEIVE THIS BROCHURE!**

PICK UP VOLLEYBALL

Join other volleyball players for an extra night of fun and exercise. Games will be played involving team strategy at the Intermediate/Advanced level. Courts may be assigned depending on the number and skill level of participants. *TIMES ARE SUBJECT TO CHANGE.* Maximum: 20. **AGES:** 18+ | **DAYS:** Wednesdays | **DATES:** January 8 - March 19 | **TIME:** 7:30 - 9:30 p.m. **COORDINATOR:** Pat Spacapan | **LOCATION:** Colchester Middle School, Gym | **PRICE:** \$4 per night.

ADULT BASKETBALL WALK-ON

Looking for some basketball play without the structure of a league? Play is recreational with a pick-up game format. For individuals out of high school, Please bring a dark and light colored shirt each time. Times are subject to change. Maximum: 25. **AGES:** 18+ | **DAYS:** Thursdays | **DATES:** January 2 - March 20 | **TIME:** 8:30 - 10:00 p.m. | **COORDINATOR:** Jim Park | **LOCATION:** Colchester Middle School, Gym | **PRICE:** \$4 per night.

BODY 'N' MIND MIX

Increase focus, balance and body awareness. Improve posture, strength and flexibility using Pilates, Yoga and Body 'N' Mind Fusion. All levels welcome. *Class will not meet on February 17 or May 26.* Minimum: 2, Maximum 8. **AGES:** 18+ | **DAYS:** Mondays | **DATES:** Session A: January 27 - April 7, Session B: April 14 - June 23 | **TIME:** 10:00 - 11:00 a.m. | **INSTRUCTOR:** Michelle Sudol | **LOCATION:** Bayside Activity Center **PRICE:** (Ages 18 - 54) \$120 residents, \$125 non residents (Ages 55+): \$70 residents, \$75 non residents per session | **REGISTRATION #:** (Ages 18 - 54): 220002 A or B / (Ages 55+): 220002 A1 or B1.

ROLL IT OUT & MOVE IT PILATES

Learn how the foam roller can challenge your core, improve stability and release tight muscles. Great for athletes of all ages and stages! The instructor will use her physical therapy background to guide you through this intelligent and fun way to exercise! Minimum: 4, Maximum: 12. **AGES:** 16+ | **DAYS:** Wednesdays | **DATES:** January 8 - February 12 | **TIME:** 6:00 - 7:00 a.m. | **INSTRUCTOR:** Mary Grunvald | **LOCATION:** Colchester RehabGYM, 905 Roosevelt Highway | **PRICE:** \$60 residents, \$65 non residents | **REGISTRATION #:** 230100B.

CORE CIRCUIT PILATES

Using stations and alignment, travel through pilates stations. This mini boot camp style class is sure to get you moving! Minimum: 4, Maximum: 12. **AGES:** 16+ | **DAYS:** Thursdays | **DATES:** January 9 - February 13 | **TIME:** 7:00 - 7:55 a.m. | **INSTRUCTOR:** Mary Grunvald | **LOCATION:** Colchester RehabGYM, 905 Roosevelt Highway | **PRICE:** \$65 residents, \$70 non residents | **REGISTRATION #:** 230100A.

P90XABS

Ready to bring your abs to the next level? This class will tone and sculpt those abs like no other class. P90X brings intensity that equals results! You will be challenged in several timed exercises that brings ab training to a new level! A great ab workout to add into your program! Minimum: 5, Maximum: 15. **AGES:** 18+ | **DAYS:** Saturdays | **DATES:** January 25 - February 15 | **TIME:** 10:15 - 10:45 a.m. | **INSTRUCTOR:** Stacey Mercure | **LOCATION:** Colchester Health & Fitness, 278 Prim Road | **PRICE:** \$45 residents, \$50 non residents | **REGISTRATION #:** 230109A.

ZUMBA - 12 CLASS PUNCH PASS

Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that ensures calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! Zumba classes feature exotic rhythms like salsa, merengue, cumbia and samba set to sexy Latin and international beats. Before you leave class, you'll know it! Your abs, arms and thighs are toned up and your energy level is soaring! There's no other fitness class like the Zumba Fitness-Party™. It's easy to do, effective and totally exhilarating. Minimum: 1, Maximum: 12. **AGES:** 18+ | **DAYS:** Wednesdays or Fridays | **DATES:** January 15 - May 30 | **TIME:** Weds: 7:00 - 8:00 a.m., Fri: 5:00 - 6:00 p.m. | **INSTRUCTOR:** Amanda Bottiggi | **LOCATION:** Colchester RehabGYM, 905 Roosevelt Highway | **PRICE:** \$100 residents, \$105 non residents | **REGISTRATION #:** 260012B.

COED VOLLEYBALL - LEVEL II

Coed Volleyball is for players who use proper technique and team strategy in their play. Players need to be at an intermediate/advanced intermediate level of play. This is not a program for novice players. Will not meet on January 20, February 24 or March 3. Maximum: 22. **AGES:** 18+ | **DAYS:** Mondays | **DATES:** January 6 - March 17 | **TIME:** 7:30 - 9:30 p.m. (*TIMES ARE SUBJECT TO CHANGE.*) | **COORDINATOR:** Bill Syverson | **LOCATION:** Colchester Middle School, Gym | **PRICE:** \$30 residents, \$35 non residents, \$4 per night if space allows | **REGISTRATION #:** 202000A.

USE IT TO LOSE IT

Do you have weight to lose? Do you need some help losing it? If so, you NEED to take this class. Incorporated in this 12 week program are diet coaching, exercise training and various fitness assessments to help highlight your successes within the 12 weeks and beyond. You will also get weekly e-mails with healthy tips and recipes to try. This group class is designed for people who want to lose weight, better their eating habits, improve their lifestyle and win prizes along the way. Bring your friends and family, challenge each other and come LOSE together! Current and former participants have experienced tremendous weight loss through this program and we are confident that you will too! FEE INCLUDES GROUP TRAINING SESSIONS AND CLUB MEMBERSHIP for the entire 12 week session. Maximum: 15. **AGES:** 18+ .

DAYS: Mondays, Wednesdays & Fridays | **DATES:** January 13 - March 3 | **TIME:** 5:30 - 6:30 p.m. | **INSTRUCTOR:** RehabGYM Certified Instructors | **LOCATION:** RehabGYM, 905 Roosevelt Hwy | **PRICE:** \$250 residents, \$255 non residents | **REGISTRATION #:** 260016A.

DAYS: Tuesdays & Thursdays | **DATES:** January 14 - March 4 | **TIME:** 7:00 - 8:00 a.m. | **INSTRUCTOR:** RehabGYM Certified Instructors | **LOCATION:** RehabGYM, 905 Roosevelt Hwy | **PRICE:** \$175 residents, \$180 non residents | **REGISTRATION #:** 260016B.

DAYS: Tuesdays & Thursdays | **DATES:** January 14 - March 4 | **TIME:** 5:30 - 6:30 p.m. | **INSTRUCTOR:** RehabGYM Certified Instructors | **LOCATION:** RehabGYM, 905 Roosevelt Hwy | **PRICE:** \$175 residents, \$180 non residents | **REGISTRATION #:** 260016C.

FIGURE & BIKINI CAMP

If you are interested in doing a Figure/Bikini show or maybe just want to get beach ready then this camp is for YOU! We will assess YOU at the beginning and end of the training and recommend what YOU need to focus on. The group will meet three times a week and perform group workouts. The workouts will consist of toning, interval and strength training. Not to mention plenty of abs and nutritional training. We will recommend what to do on the off days of camp so we keep it individual and keep YOU on track. We will go over t-walks, suit color, hair, make-up and tanning to get YOU stage ready! This class will get you into shape on or off the stage. Minimum: 5, Maximum 15. **AGES:** 18+ | **DAYS:** Mondays, Wednesdays & Fridays | **DATES:** January 20 - February 14 | **TIME:** 6:45 - 7:45 p.m. | **INSTRUCTOR:** Stacey Mercure & Shanna Benson, OCB/NPC Figure Competitors | **LOCATION:** Colchester Health & Fitness, 278 Prim Road | **PRICE:** \$145 residents, \$175 non residents | **REGISTRATION #:** 230111A.

ADULT TAP 101

Loved Ginger Rogers? Fred Astaire? Shirley Temple? Savion Glover? Then you'll love this tap class! This is a traditional tap class for adults that have never tapped before, have tapped years ago, or those that have had minimum tap experience. If you've always wanted to tap but didn't know where to start - this is the class for you! We will learn shading, combinations, traditional steps and so much more! Black tap shoes are needed. Attire is comfortable and casual. **AGES:** 18+ | **DAYS:** Saturdays | **DATES:** January 25 - April 26 (skip 3/1, 4/20) | **TIME:** 11:00 - 11:45 a.m. | **INSTRUCTOR:** Studio 3 Staff | **LOCATION:** Studio 3, Creek Farm Plaza | **PRICE:** \$140 resident, \$145 non resident | **REGISTRATION #:** 260013A.

BOXING & CARDIO BOOT CAMP

This 10 class pass is a great cardio, strength, and kickboxing workout all incorporated. This class will challenge your balance, endurance, strength, stamina and energy! Great for those who are ready to take their fitness level up. All fitness levels welcomed! **AGES:** 18+ | **DAYS:** Wednesdays | **DATES:** January 22 - use of 10 passes | **TIME:** 5:45 - 6:45 p.m. | **INSTRUCTOR:** Studio 3 Staff | **LOCATION:** Studio 3, Creek Farm Plaza | **PRICE:** \$60 residents, \$65 non residents | **REGISTRATION #:** 230499A.

MOISTURIZING MILK SOAP FROM SCRATCH

In this hands-on class, learn how to create and make traditional healthy hand made soap! Join Kelley Robie of Horsetail Herbs, using spices, essential oils, plant based oils and other natural ingredients to make a batch of beautiful aromatic soap. *This class will focus on the process of super-fatting and making milk soap.* Each student will go home with a soap sample to cut and age, as well as a handout containing detailed instructions, recipes and ideas for customizing your own soap. Please bring a quart paperboard milk or soy container for your soap mold and an old towel to wrap your fresh soap in. Get ready to make some suds! Minimum: 3, Maximum: 16. **AGES:** 10+ | **DAY:** Wednesday | **DATE:** January 22 | **TIME:** 6:00 - 9:00 p.m. | **INSTRUCTOR:** Kelley Robie, Owner Horsetail Herbs | **LOCATION:** Bayside Activity Center | **PRICE:** \$40 residents, \$45 non residents | **REGISTRATION #:** 230511B.

AMAZING ESSENTIAL OILS

Students will learn many ways to practice using essential oils to improve their quality of life. Some examples include first aid, mood enhancing, weight loss, cleaning and creating your own health and wellness products. Each week will have a different focus. There will be free product samples. Learn to harness the amazing power of therapeutic grade essential oils. Invest in your health today! Minimum: 2, Maximum: 14. **AGES:** 18+ | **DAY:** Saturday | **DATES:** Session A: January 4, Session B: February 1, Session C: March 1, Session D: April 5, Session E: May 3 | **TIME:** 2:00 - 4:00 p.m. | **INSTRUCTOR:** Michelle Sudol, ACSM Faculty Alliance | **LOCATION:** Bayside Activity Center | **PRICE:** \$20 residents, \$25 non residents per session | **REGISTRATION #:** 221211 plus letter indicating session.

FANTASTIC FACIAL WITH A CITRUS TWIST

Let the sun shine as the sweet citrus sprays on your face! Kelley Robie of Horsetail Herbs will show you how to care for your special skin type with wonderful natural beauty products you can make yourself. You'll make your own nutritious face care products all with a citrus twist and then indulge in a fabulous five-step facial. Our recipes will brighten up your day and face! They will include: *an orange sugar honey cleanser, a grapefruit yogurt mask, a lemon rosewater facial toner and an orange vanilla moisturizer.* Come in stressed and leave relaxed and glowing! **Please bring a large towel, bowl and something to tie your hair back.** Minimum: 3, Maximum 16. **AGES:** All Ages | **DAY:** Monday | **DATE:** March 10 | **TIME:** 6:30 - 8:30 p.m. | **INSTRUCTOR:** Kelley Robie, Owner Horsetail Herbs | **LOCATION:** Bayside Activity Center | **PRICE:** \$30 residents, \$35 non residents | **REGISTRATION #:** 230511A.

WINTER AROMATHERAPY CRAFTS

Do you want to relax and be pampered during the winter months? Treat your body, mind and soul to a warm mini vacation, using fragrant essential oils and herbs. *Learn how to take care of yourself this winter with bubbly bath fizzies, luscious lip balms, relaxing eye pillows and luxurious lotions.* The basics of aromatherapy will be discussed while we are creating these amazing natural products. **You'll go home with your own hand-made goodies and lots of ideas on how to pamper yourself this winter.** Minimum: 3, Maximum 16. **AGES:** 10+ | **DAY:** Monday | **DATE:** February 3 | **TIME:** 6:30 - 8:00 p.m. | **INSTRUCTOR:** Kelley Robie, Owner Horsetail Herbs | **LOCATION:** Bayside Activity Center | **PRICE:** \$30 residents, \$35 non residents | **REGISTRATION #:** 230511C.

CHAMPLAIN VALLEY BROOMBALL LEAGUE

The Champlain Valley Recreation Association is excited to offer a recreational broomball league this spring! The sport of broomball is an exciting alternative to hockey with simpler gear and less risk. The league will be non-competitive and recreational; geared towards having fun! Sign up for friendly competition in a relaxed team environment. Broomball is very similar to ice hockey but is played with sticks that resemble small brooms and instead of a puck, a small inflatable ball is used. Minimum: 1. **AGES:** 18+ | **DAYS:** Mondays & Wednesdays | **DATES:** March 3 - April 30 (skip 4/23) | **TIME:** 6:00 - 8:00 p.m. | **LOCATION:** Rotate between So. Burlington, Essex & Essex Jct., Gyms | **PRICE:** \$400 per team or \$50 individuals (a team will be assigned to you) | **REGISTRATION DEADLINE:** February 17 | **REGISTRATION #:** 202500A (Team), 202500B (Individual).

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CULINARY BOOT CAMP

CHINESE: Learn the ancient art of simple Szechuan Chinese cooking with students from New England Culinary Institute! Through hands on instruction you will learn to make pork dumplings and its larger cousin, the pork bun. The final course will include a traditional braised pork and vegetable bowl dish for class participants to share in a family style meal. Most Chinese cookery can be prepared ahead of time and will retain great flavor so come and cook with us!

IRISH COUNTRY COOKING: Irish Country cooking is hearty, rich and inventive. Many traditional Irish recipes have made their way to the new world and onto tables around this country. In this course, NECI students will conduct an instructional class on how to create a few of the dishes that never quite made it across the Atlantic. Join us and learn how to make these authentic dishes just in time for St. Patrick's Day! Irish menu includes: Traditional Irish Lamb Stew, Cider Braised Rabbit (rabbit marinated in apple cider, cumin, and shallots, served with roasted potatoes and carrots) and Barmbrack (traditional Irish sweet bread made with Irish black tea, raisins, and currents, served toasted

with marmalade). Minimum: 6, Maximum 10. **AGES:** 18+ | **DAYS:** Saturdays | **DATES:** **Chinese:** February 22, **Irish:** March 15 | **TIME:** 12:00 - 4:00 p.m. | **INSTRUCTOR:** NECI Student | **LOCATION:** Bayside Activity Center | **PRICE:** \$40 residents, \$45 non residents per session, **BOTH CLASSES:** \$55 residents, \$60 non residents | **REGISTRATION #:** 270024A (Chinese), 270024B (Irish), 270024C (Both).



CORE VINYASA YOGA FLOW

This class will focus on proper body alignment, breathing and flexibility. Vinyasa's will be done throughout the class to keep the muscles heated and improve overall flexibility. No experience is needed. Minimum: 5, Maximum 10. **AGES:** 18+ | **DAYS:** Tuesdays | **DATES:** January 28 - February 18 | **TIME:** 6:45 - 7:45 p.m. | **INSTRUCTOR:** Justin Turner, Certified Yoga Instructor | **LOCATION:** Colchester Health & Fitness, 278 Prim Road | **PRICE:** \$40 residents, \$45 non residents | **REGISTRATION #:** 270017A.

YOGA FLOW

Breath awareness & alignment are encouraged as we flow through a moderately paced class. Enjoy sequencing postures to increase your flexibility, strength and endurance. Each class focuses on breathing, postures and relaxation. Minimum: 4, Maximum 14. **AGES:** 18+ | **DAYS:** Wednesdays | **DATES:** Session A: January 22 - February 26, Session B: March 5 - April 9, Session C: April 16 - May 21 | **TIME:** 5:30 - 6:45 p.m. | **INSTRUCTOR:** Cat Earisman, Yoga Instructor | **LOCATION:** RehabGYM, 905 Roosevelt Highway | **PRICE:** \$60 residents, \$65 non residents | **REGISTRATION #:** 270001 plus letter indicating session.

HATHA/RESTORATIVE YOGA

This one hour Hatha Yoga practice will integrate simple, healthy spinal movements aimed toward improving strength, balance and focus, including adaptations for students positioned on a mat or a chair. A typical class, appropriate for all levels, will include: (1) Hatha yoga postures and conscious breathing in combination with mental focus to develop awareness, strength and flexibility, and relaxation; (2) a short flow-based Hatha sequence of movements that "flow" with the breath in a series; and (3) relaxation yoga. The aim of each class will be to meet students at their own level via guided movement, demonstrations and adaptations appropriately sequenced. Participants should bring their own mat and a yoga blanket or beach towel. Minimum: 4, Maximum: 10. **AGES:** 18+ | **DAYS:** Mondays | **DATES:** Session A: January 20 - February 24, Session B: March 10 - April 14, Session C: April 28 - June 2 | **TIME:** 12:00 - 1:00 p.m. | **INSTRUCTOR:** Pat Marmillion, Certified Yoga Instructor | **LOCATION:** Bayside Activity Center | **PRICE:** Ages 18 - 49: \$57 residents, \$62 non-residents; Ages 50+: \$40 residents, \$45 non-residents | **REGISTRATION #:** Session A (Ages 18 - 49): 270003A, (Ages 50+): 270003A1 | Session B (Ages 18 - 49): 270003B, (Ages 50+): 270003B1 | Session C (Ages 18 - 49): 270003C, (Ages 50+): 270003C1.

BAYSIDE ACTIVITY

SKYPE & FACEBOOK FOR SENIORS

Facebook: Are you new to Facebook, or would you like to learn more about it? Join us for a class on the popular media site and find out how to create an account, connect with your family and friends, and post messages and photos. We'll also talk about privacy issues and ways to control who can see what.

Skype: In this class, you will learn how to use Skype to video chat with family members. We will go through the process of getting Skype installed, working with a webcam and connecting with your friends and family. There are limited computers, so if you have a laptop, please bring it with you. Pre-registration is required. Minimum: 2, Maximum: 10. **AGES:** 55+ | **DAY:** Thursday | **DATE:** January 30 (Facebook) | February 6 (Skype) | **TIME:** 9:30 - 1100 a.m. | **INSTRUCTOR:** Joshua Muse | **LOCATION:** Bayside Activity Center | **PRICE:** FREE | **REGISTRATION DEADLINE:** January 25 | **REGISTRATION #:** 250009A (Facebook) | 250009B (Skype).

HATHA YOGA

Each six-week series will guide you through yoga techniques - including breathing exercises, standing and seated poses and guided relaxation - to help you stretch and strengthen your muscles and joints, calm your mind and develop a sense of balance to your whole body. Class will start gently and build up to sun salutations and deeper poses that direct attention to areas where we typically hold tension; including the neck, shoulders, lower back and hips. Beginners are welcome and poses are adaptable for all levels. Bring a yoga mat or large beach towel and wear comfortable clothing. If you have them, props such as straps and blocks are encouraged, as well as an additional blanket or large towel. Pre-registration required. Minimum: 4, Maximum: 10. **AGES:** 18+ | **DAYS:** Wednesdays | **DATES:** Session A: January 15 - February 19, Session B: March 5 - April 9, Session C: April 30 - June 4 | **TIME:** 9:00 - 9:50 a.m. | **INSTRUCTOR:** Jaycie Puttlitz | **LOCATION:** Bayside Activity Center | **PRICE:** Ages 18 - 49: \$57 residents, \$62 non-residents; Ages 50+: \$40 residents, \$45 non-residents | **REGISTRATION #:** Session A (Ages 18 - 49): 270018 A, (Ages 50+): 270018A1 | Session B (Ages 18 - 49): 270018 B, (Ages 50+): 270018B1 | Session C (Ages 18 - 49): 270018 C, (Ages 50+): 270018C1.

TAI CHI FOR ARTHRITIS

Tai Chi can increase flexibility, reduce stiffness and inflammation and may improve balance, muscle strength, sleep patterns, lower blood pressure, increase energy and cardiovascular fitness and give you an overall improved sense of well being. Why aren't you doing this already? Sign up today. Maximum: 20. **AGES:** 50+ | **DAYS:** Tuesdays & Thursdays | **DATES:** April 1 - May 22 | **TIME:** 1:00 - 2:00 p.m. | **INSTRUCTOR:** Gwen Morey, CVAA Instructor | **LOCATION:** Bayside Activity Center | **PRICE:** FREE | **REGISTRATION DEADLINE:** March 25 | **REGISTRATION #:** 261001A.

FRIDAY MOVIE MATINEE

Enjoy popular flicks from the past to present: black and white, musicals, silent films and more! Popcorn and coffee. Pre-registration required! Minimum: 3, Maximum: 15. **AGES:** 55+ | **DAYS:** Fridays | **DATES:** January 31, February 21, March 7, April 18, May 16 | **TIME:** 1:00 - 4:00 p.m. | **LOCATION:** Bayside Activity Center | **PRICE:** FREE | **REGISTRATION #:** 220007A.

BOOKS & BITES

What's better than a good book? Discussing it with other readers while sharing some scrumptious appetizers comes to mind. Kelly Tomaseki, Burnham Library Director, will lead this informal group that meets every other month. Participants are encouraged to bring an appetizer to share. Copies of the books are available at the library located at 898 Main Street in Colchester. Books will be: January - *The Yellow Birds*, March - *Life after Life*, May - *The Constellation of Vital Phenomena*. For more information, call the library at 264-5660 extension 3, option 1. Maximum: 12. **AGES:** 18+ | **DAYS:** Thursdays | **DATES:** January 9, March 13, May 8 | **TIME:** 6:30 p.m. | **INSTRUCTOR:** Kelly Tomaseki | **LOCATION:** Bayside Activity Center | **PRICE:** FREE | **REGISTRATION #:** 220019A.

SENIOR LUNCHES

Join your friends or make new ones at the CVAA sponsored senior lunches! Every 2nd and 4th Friday of the month at 12:00 p.m. be sure to show up with an appetite and enjoy a delicious meal, great conversation and even better company. You must pre-register. Call Kelly at 264-5646 to reserve your spot today! Suggested donation of \$4 per meal.

Y CENTER (B.A.C.)

BEGINNER WATERCOLOR

Learn the basics of painting with watercolor in a fun, relaxed, non-judgmental atmosphere! No painting skills required, just an interest in learning something new. Class will focus on how to do washes, mixing colors, layering, wet-on-wet painting and making gradations in color. Paint brushes, paint and paper will be provided. If you miss a class, feel free to jump in with Intermediate Watercolor the following week! Minimum: 6, Maximum: 8. **AGES:** 17+ **DAYS:** Every other Tuesday | **DATES:** January 21, February 4, 18, March 4, 18 & April 1 | **TIME:** 9:30 - 11:30 a.m. **INSTRUCTOR:** Ginny Joyner | **LOCATION:** Bayside Activity Center | **PRICE:** \$95 residents, \$100 non residents | **REGISTRATION #:** 270028A.

INTERMEDIATE WATERCOLOR

This class is open to all who have had experience painting with watercolor. Projects will include painting from master works, skies, flowers, landscapes, still life and any subjects that are especially interesting to the class. If you miss a class, feel free to jump in with Beginning Watercolor the following week! Minimum: 6, Maximum: 8. **AGES:** 17+ | **DAYS:** Every other Tuesday | **DATES:** January 28, February 11, 25, March 11, 25 & April 8 | **TIME:** 9:30 - 11:30 a.m. | **LOCATION:** Bayside Activity Center | **PRICE:** \$95 residents, \$100 non residents | **REGISTRATION #:** 270028B.

DIGITAL CAMERA BASICS

Learn how to capture magical memories with your digital camera. You will learn the basics of photo taking and also learn exceptional effects such as lighting, shadowing, and framing shots. Please bring your camera manual. Minimum: 4, Maximum: 8. **AGES:** 55+ | **DAY:** Tuesday | **DATE:** March 4 | **TIME:** 1:00 - 3:00 p.m. | **INSTRUCTOR:** Kristin Roy | **LOCATION:** Bayside Activity Center | **PRICE:** \$8 Residents / \$13 non residents | **REGISTRATION DEADLINE:** February 24 | **REGISTRATION #:** 220017A.

Mission Statement:
"To provide a sense of community by ensuring that the Bayside Activity Center is actively used by Colchester residents engaging in recreational, social, healthful and educational activities to enhance quality of life."

Walk-In Hours:
Monday, Wednesday, Friday
10:00 a.m. - 4:00 p.m.
FREE Coffee available



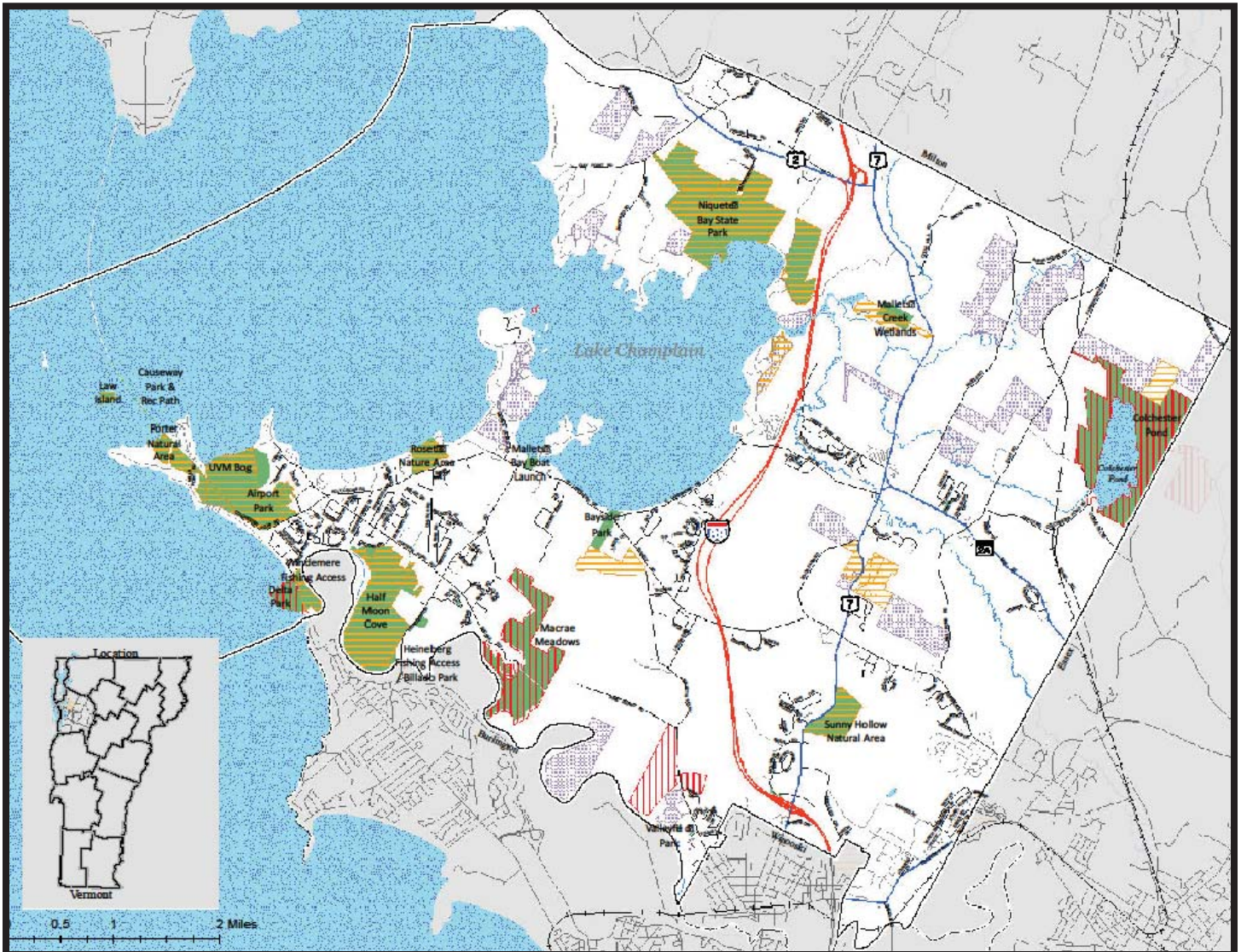
2 West Lakeshore Drive



802-658-2400



PARKS MAP



AIRPORT PARK: 488 Colchester Pt. Road, 64.5-acres. 1.3 mile jogging/x-country ski trail, parking, restrooms, picnic area, pavilion, playground, 4 ball fields, 2 soccer fields, 2 sand volleyball courts, 6 horseshoe pits, 2 tennis courts, 1 basketball court, and lighted ice skating in the winter.

BAYSIDE PARK: 2 West Lakeshore Drive, 22-acres including parking, restrooms, bathhouse (beachside), picnic area, pavilion, playground, swimming beach, Senior Center, 2 shuffle board courts, 4 tennis courts, 1 basketball court, 2 sand volleyball courts, 1 football/lacrosse field, 1 lighted softball field, and a skatepark.

BONANZA PARK: Bonanza Drive, .6-acre neighborhood park with limited playground and all-purpose field.

CAUSEWAY PARK & RECREATION PATH: Newly Repaired! Mills Point Road, 4-mile path connects to original Rutland Railroad bed and causeway across the lake (constructed during 1897-1900). Renovated gravel path suitable for walking, biking, and fishing access. Duck hunting allowed (in season). Park at Airport Park or in the Mills Point Road lot.

FORT ETHAN ALLEN PARADE GROUNDS: Dalton Drive, 19-acres, owned mutually with the Town of Essex. NEW Playground, tennis courts, 2 soccer fields, cricket, rugby, gazebo, walking trail.

HEINEBERG ACCESS/BILLADO PARK: Heineberg Drive, 4-acres, Town and State access to Winooski River

HERITAGE PARK: Heritage Drive, 1-acre, parking, NEW limited playground, tennis court, basketball court.

LAW ISLAND: west of Causeway off Colchester Point, 8.5-acres owned by the State of VT and managed by the Town of Colchester. Camping permitted, duck hunting allowed (in season), compost bathroom available.

PORTER NATURAL AREA: Mills Point Rd. 56-acre natural area.

ROSSETTI NATURAL AREA: Holy Cross Road, 47-acres of natural area conserving wetland, woods, and sand beach.

SUNNY HOLLOW NATURAL AREA: Hercules Drive, 80-acre diverse area, 3 miles of walking, mountain biking and x-country trails, limited parking.

VALLEYFIELD PARK: Valleyfield Drive, .65-acre neighborhood park with limited playground and all-purpose field.

REGISTRATION FORM

One form can be used
for all family members
that live in the same
household.

Participant's Last Name: _____ First Name: _____

Parent's Last Name (if participant under 18): _____ First Name: _____

Mailing Address: _____ City/State/Zip: _____

E-Mail: _____ Would you like to receive the monthly E-Newsletter: YES NO

Home Phone: _____ Business Phone: _____ Cell Phone: _____

Emergency Contact (other than parent): _____ Relationship: _____ Telephone: _____

Please list any special needs which will require accommodation for participation: _____

Please list any allergies (food, insect, plant, or medications): _____

PARTICIPANT NAME	SEX M/F	DOB M/D/Y	REGISTRATION NUMBER	PROGRAM NAME	CLASS FEE
Total Amount Due:					\$

PAYMENT METHOD (CHECK ONE):

☐ Check (payable to Colchester Parks & Recreation) ☐ Cash ☐ Credit Card (Only Visa and Mastercard Accepted)

☐ Check here if you would like a receipt sent to you Credit Card #: _____ Exp: _____

Winter registrations can be made as soon as you receive this brochure. Participants may continue to register for programs until they are full. We do our best to accommodate those with special needs. With few exceptions, our parks and facilities comply with the Americans with Disabilities Act. Children and adults with special needs are encouraged to participate in our programs. Staff members are receptive to your needs and will do everything possible to assist you. If you are interested in participating in a program, but are not sure about the accessibility of a facility or wish to discuss program details, please call the Recreation Department and ask us about specifics. Classes that do not have the minimum number of registrations may be cancelled. Registrants will be notified by mail or phone and will receive a full refund. Refunds will not be given once a class begins, and are available up to 10 business days prior to the start of the program. A \$6.00 administrative fee will be charged when a refund is requested. By participating in the Town of Colchester Recreation programs, participants may be photographed for future publicity or recognition of events. By signing up for the programs you willingly signed a waiver that grants the Colchester Recreation Department permission to use your photograph to promote their programs. Pictures taken in specific programs may be used for up to 10 years. Non residents may register for any program offered, on a space available basis, beginning on January 10.

Town of Colchester Release and Indemnity Agreement

Whereas, the undersigned has requested the use of services, equipment, or facilities belonging to or under the auspices of the Town of Colchester, Vermont, and to engage in activities for the executive benefit of the undersigned: and Whereas, the Town of Colchester does not wish to be liable for any damages arising from personal injury or property damage sustained thereby:

Now therefore, in consideration of the mutual promises and other good and valuable consideration, the undersigned does hereby for themselves, their heirs, executor, employers, successors or administrators, and personal representatives;

A. Assume full responsibility for any personal injury or any damage to his/her personal property which may occur directly or indirectly in the course of participating in rec. activities B. Fully and forever release and discharge the Town of Colchester, its agents, officials, and employees, from any and all claims, demands, damages, rights or action, or causes of action, present or future, whether the same be known, an anticipated or unanticipated, resulting from or arising out of the above described activity. C. Agree that it is the intent of the undersigned that this release and indemnity agreement shall be in full force & effect any time after the execution hereof.

Name of Participant: _____

Signature (of parent or guardian under 18): _____

Date of Signature: _____



COLCHESTER PARKS & RECREATION DEPARTMENT
P.O. BOX 55
781 BLAKELY ROAD
COLCHESTER, VT 05446

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RESIDENTIAL CUSTOMER

FOUR SIMPLE WAYS TO REGISTER...



Online

Log onto
www.colchestervt.gov/Recreation/parksNRec.shtml
and register for classes!
Visa or MasterCard and
family sign in/password
will be needed



Fax in

(802)264-5647

Complete the registration
form including your cred-
it card number and expi-
ration date on the form.
Incomplete forms will not
be processed.



Mail in

Completed registration
form with payment to:
Colchester Parks &
Recreation
PO Box 55
Colchester, VT 05446



Drop by the

office

Monday - Friday
7:30 a.m. -
4:30 p.m.
781 Blakely
Road
Second Floor

Register Early! Don't run the risk of having your
favorite program fill or be cancelled due to low
enrollment!

Resident registration
begins as soon as you receive this
brochure!

*Do you have a hobby or skill you would
like to share with the community?*

*If so, call us and we can
help you create a program.*

*For more information,
please call 264-5640.*



*Scan this code with
your Smartphone to
be brought directly
to our website.*